

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

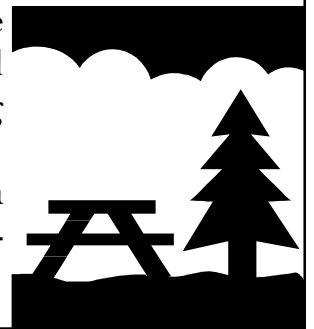
Phone (413) 596-8379 • Fax (413) 596-8546

Volume 18, 8

AUGUST 2012

ANNUAL ROTARY PICNIC

It's that time again—time for the Wilbraham Hampden Rotary Senior Picnic at Spec Pond!! Mark your calendar for Wednesday, **August 22**. As in years past, the Rotary Club will serve a delicious BBQ chicken dinner with sides and desserts to Wilbraham Seniors, free of charge!! Raffles and entertainment are also on the agenda. The picnic will begin at 12 noon, with plenty of parking and seating for everyone. Please call the Senior Center at 596-8379 starting August 1st to sign up. And remember to thank the men and women of the Wilbraham Hampden Rotary Club who worked hard to provide a lovely picnic for the Seniors of Wilbraham. This event takes a lot of effort and we appreciate all the club does for our community.



“All About Pastels!”

A Fine Art Workshop with Susan Nieske, Tuesdays, **August 7th through August 28th**, from 6:00 to 8:00 pm at the Wilbraham Senior Center. Come and learn about all about the versatile and vibrant medium of pastel! I am a Western Massachusetts landscape artist completing a Master's Degree in Visual Art. All ability levels are welcome! Get ready to learn! Week One: Introduction to the medium of pastel; technique exercises and an abstract floral painting project. Week Two: Still life paintings with an up-to-date pastel materials demonstration. Week Three: Creating expressive pastel portrait/figure paintings; demonstration on the usage of solvents. Week Four: Vibrant landscapes with pastels; discussion of compositional design principles and the creative use of reference material. All painting surfaces will be provided for this workshop. Just bring some pastels, a #12 round brush, pencil, ruler, paper towels and baby wipes! Price is \$90.00. Call 596-8379 to register for this great series of classes. Space is limited, so call today!! Checks should be made out to: Susan Nieske.



NEW YORK CITY BUS TRIP WEDNESDAY, SEPTEMBER 19TH

Bus leaves at 6:30 am, returning at 9:30 pm. Plan your own day in the Big Apple. **Sign ups begin on August 7th.** Cost is \$30 per person, make checks payable to: Senior Center Revolving Account.



OKTOBERFEST at PLATZL BRAUHAUS TUESDAY, OCTOBER 9TH

Bus leaves at 7:00 am, returning at 7:30 pm
Sign ups begin on August 28th.
Cost is \$77 and includes coffee & donuts on arrival, your choice of chicken, roasted pork or sauerbraten luncheon, beer, soda & cider, pretzels, oompah band, folk dancing and Standing Steamship Roast. Make checks payable to: Senior Center Revolving Account.



Massachusetts Stand Down Day-WHITE COTTON SOX DRIVE

Collection dates: Aug. 6th- 15th

Massachusetts Stand Down is a two-day event that provides free services to homeless veterans or veterans at risk of becoming homeless. Volunteers of America Massachusetts is the lead agency for Stand Down and co-hosts it with the Department of Veterans Affairs. Our Veterans Affairs Office and our Public Health Nurses Office will be collecting new white sox for distribution by our Public Health Nurse at this event. Please drop off new white sox in the bin located in the Wilbraham Senior Center lobby. Thank you for supporting this amazing event and our men and women who serve.

Free Services at Stand Down 2012 Include:

Food • Clothing • Veterans Affairs Benefits • VA Boston Healthcare Registration • Medical Services • Eye Glasses • Mental Health Counseling • Housing Services • Oral Health and Dental Screening • Employment Services • Legal Assistance • Haircuts • Social Security Administration (SSI/SSDI) • RMV - Mass. ID Cards and License Renewals • Mass Health • Social Work Services • Internal Revenue Service • Foot Care



HEALTH & FITNESS PROGRAMS

FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** with Kathy Hunter, \$2 a class. Beginner Line Dance class on **Fridays, 1:40 p.m.**

Zumba Gold on **Wednesday and Friday at 2:30.** \$5 per class.

Tap Dance with Mary Ann, will resume on Sept. 20th.

Tai Chi, Wednesdays at 9 a.m. FREE!

Belly Dancing with Janet every Wednesday at 11 a.m.

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Arthritis Exercise with Mary Ellen, **Wed. at 10:15 a.m.**

Ludlow Reservoir Walks, 5 brisk miles, **Fri., 9 a.m.**

Gentle Walking - **Mondays from 12-12:45.**

Outrageous Adventures— **August 17.** See Mary Ellen Schmidt for more information.

Senior Center Fitness Equipment— recumbent bike, treadmill, and stationary upright bike. A Dr.'s. note is required prior to first use. See Mary Ellen if you have any questions.

HEALTH PROGRAMS

Blood Pressure Readings, **Tues., 11:15 - 12 noon.**

Foot Care Nurses will be at the Center on **August 9** and are available for home visits. Cost is \$28. Appt. needed.

Foot Doctor Cindy Galavotti, will be here on **August 15**, cost is \$35. Call 596-8379 for an appointment.

Baystate Hearing Aids, **August 8**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **August 3.** Very relaxing!!

Call 596-8379 for appointments for health programs.



VETERANS OFFICE NEWS

There have been many requests on obtaining Veterans discounts at our local merchants. Veterans need to take their discharge (DD214) to Staples, have them reduce it down to wallet size then laminate it. The cost is approximately a \$1.00. At this time there is not a place to obtain a picture I.D. for Veterans. If you have any questions please contact Barbara or Richard at 596 8379.

The Veteran's Monthly Forum will return in September. Richard Prochnow, Wilbraham's Veteran's Services Agent, is available to meet with residents at the Senior Center. Please call Barbara Harrington at 596-8379 to schedule an appointment. **FLAGS AVAILABLE**—Blue Star Flags are available to relatives of any active duty member who want to hang one in their window. Flags are also available for gravesites. See Barbara for these flags.

RETIRED FLAGS —A bin is located in the Senior Center for retired flags for proper disposal. A member of the American Legion will collect the used flags and get them to the boy scouts for an annual burning.

Suggestion for Newsletter

Do you have an email address? Would you like to receive this monthly newsletter by email instead of through the US Postal system? We received a suggestion from one of our Seniors and we think it's a great idea and a way to save money on postage. There are a few options — our monthly newsletter is available on line at the Town's website: www.wilbraham-ma.gov/Pages/index or through email—please send your email address to the Senior Center (pdubord@wilbraham-ma.gov). Include your name, mailing address and email address. We will remove your name from the standard mailing list and will send you the newsletter through the town's email system.



AUGUST EVENTS

ATTORNEY DOUGLAS PETERSON will be at the Center for FREE 20 minute consultations on **August 15**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill will return to the Senior Center in September. Watch next months newsletter for date.

MEN'S BREAKFAST This month's meal will be served in Wilbraham on **Friday, August 31 at 8:30 a.m.** Dr. Jeff Giorgiole, local chiropractor, will be the speaker. Dr. Jeff grew up in Springfield and earned his Bachelors of Science degree at the University of the State of New York, and later earned his doctorate in chiropractic medicine from the Life University in Georgia. He has now been practicing for several years and is proficient in full spinal chiropractic manipulations as well as low force activator treatments and the Thompson technique in addition to many other techniques. He is also conducting ultrasound therapy and cold laser therapy Please call to register—596-8379.

QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

AFTERNOONS AT THE CENTER: *PITCH* Mondays, 12:30 p.m., *CRIBBAGE* Wednesdays, 12:30 p.m., *DOMINOES* Thursdays, 11:30 a.m., *BRIDGE* Fridays, 1 p.m. *KNITTING ETC.* Tuesdays, 1:00 p.m. *RUG MAKING*, Mondays at 1:00 p.m.

SHINE REP—Gerry Carney will be available in August to help with insurance questions. Call 596-8379 for an appointment.

AUGUST 2012

Mon	Tue	Wed	Thu	Fri
		1 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold Big Y	2 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Stop & Shop	3 9-Massage Therapy 9-Walking 1-Bridge 1:40-Line Dance 2:30-Zumba Gold
	6 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Beef Burgandy/ noodles/squash Holyoke Mall</i>	7 10- Chair Exercise 10:40-Aerobics 11:15-Blood Prs.Rdg 1-Knitting Etc. <i>Salisbury Steak Around Town</i>	8 9-Tai Chi 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold Stop & Shop	9 8-Foot Care Nurses 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group Big Y
13 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Meatloaf/gravy Potatoes/mix veggies Wal-mart</i>	14 10- Chair Exercise 10:40-Aerobics 11-Sen.Candaras' Aide 11:15-Blood Prs.Rdg 1-Knitting Etc. 1:30-Red Hat Meeting <i>Roast turkey/gravy Around Town</i>	15 9-Tai Chi 9-Dr. Galavotti 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 1:40-Line Dance 2:30-Zumba Gold Big Y	16 DINE OUT STEAMING TENDER 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Stop & Shop	17 9-Outrageous Adventures 1-Bridge 1:40-Line Dance 2:30-Zumba Gold
20 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Broccoli bake Rice pilaf/mixed veg. Eastfield Mall</i>	21 10- Chair Exercise 10:40-Aerobics 11:15-Blood Prs.Rdg 1-Knitting Etc. <i>Chicken a la king Mashed potatoes Around Town</i>	22 ROTARY PICNIC 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold Stop & Shop	23 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group Big Y	24 9-Walking 1-Bridge 1:40-Line Dance 2:30-Zumba Gold
27 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Roast beef/gravy Masked red potatoes Wal-Mart</i>	28 10- Chair Exercise 11:15-Blood Prs.Rdg 1-Knitting Etc. <i>Stuffed shells/ tom.sauce/broccoli Around Town</i>	29 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold Big Y	30 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group Stop & Shop	31 8:30-Men's Breakfast Club 9-Walking 1-Bridge 1:40-Line Dance 2:30-Zumba Gold



- In the Historic Palmer Railroad Station -



DINE OUT AT THE STEAMING TENDER RESTAURANT AND HELP RAISE FUNDS FOR THE FRIENDS BUILDING FUND AUGUST 16TH, 11AM TO 9 PM

Present the coupon below to your server and 20% of your total bill will be donated to the Building Fund. Come enjoy a delicious lunch or dinner in a unique dining atmosphere, an old restored train station! And if you time it right, you will experience the thrill of a train passing by. Directions: Bear right at set of lights (Main Street, Palmer – Intersection of Rt. 20 and Rt. 181). Go through two more set of lights and over a bridge. Then go over bridge and turn right (Depot Street). Proceed to parking area in front of restaurant.



- In the Historic Palmer Railroad Station -



Thursday, August 16th 20% of your bill excluding tax and tip, will be donated to the Friends of Wilbraham Seniors Building Fund. Not to be used with other coupons or discounts. Thank you for your support.

PRESENT THIS COUPON TO SERVER!!



Friends of Wilbraham Seniors August Update

Our fundraising efforts are just catching their second wind. We just completed our first milestone with '\$100,000 raised in cash and a big pledge from the Monson Bank. Our next benchmark is to reach \$250,000 for the building fund. Community awareness has been elevated and thanks to the generosity of over 700 individual contributors we are getting closer to our goal. One day we will have our very own Senior Community Center that Wilbraham can be proud of. We have learned that the Senior Center Building Needs Study Committee is preparing their report to present to the Board of Selectmen. We'll be keeping you posted. Please keep your contributions coming . Thanks.

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Looking forward to seeing you at the Steaming Tender on Thursday, August 16. Did you know that the last 2 times we had a "dine out" there we added over \$1,000 each time to the building fund. The Steaming Tender generously donates for coupon holders 20% of the food and beverage bill to the building fund. Lets pack the place for a good cause and a great time!

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Be sure to mark your calendars for the Villa Rose Restaurant dine out. The date is Thursday, September 13, 2012 at 1428 Center Street in Ludlow. Listen to this: The management of the Villa Rose will be contributing to our building fund 20% of ALL food and beverage for lunch & dinner for EVERYONE that dines at the restaurant on that day. You have to be impressed with their generosity. The food is great and I have heard that there has been a total renovation. Let's bring a friend & do it.

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The Mohegan Sun bus trip will be making a day of it again on Tuesday, October 2, 2012. The bus holds only 47 people and it's on a first come first serve basis. The cost is \$29 which is all inclusive: the bus ride, full buffet lunch, 2 - \$10 chits for the winners wheel and best of all a carefree day out of town with friends. Call Jane Soukup for reservations at 596-6046

Start Collecting your White Elephant Donations Now!

We will be seeking gently used or still in the box donated items for a white elephant sale to be held as part of the Holiday Bazaar that's going to take place on Saturday, November 17, 2012, at the Gardens of Wilbraham. Help us by checking out your closets and cellar for any items you would be willing to part with. No clothing or electronics please. Mark Soukup will be the go-to person you need to contact for further information at 596-6046.

We are looking for more people to join The Friends of Wilbraham Seniors

Come and join our merry band and help us by pitching in to aid our non-profit 501 (c) 3 organization. Stop by our Senior Center at Post Office Park and pick up a brochure on our organization. Give us a call and we'll be happy to talk with you about what we are up to. For more information please call Bob Page at 596-8719.

Working together we can make a difference

RED HAT YAYA SISTERHOOD OF WILBRAHAM

We are well into the summer and it has been a hot one. The board has been at work planning our events for the upcoming year. Deb Gormley and her committee has been busy calling everyone to see if they want to continue their membership next year. Please mail your \$10.00 dues to Deb Gormley 105 Chapin Green Ludlow Ma 01056.

Sunday Sept. 23, event Stageloft Theater presents "Nunsense Amen" with those zany nuns with a crazy twist, followed by dinner and installation of officers at Veritas Restaurant in Sturbridge. Our entire 35 tickets have been sold, but if you would like to join us for dinner or be on standby for tickets call chairlady Jane Soukup (596-6046) no later than Sept 15th. This is a self drive event, with car pooling, we will meet at the senior center at 12:45.

Thursday October 18 is Potluck Lunch at the senior center at 12:30. Make your reservation and a dish to bring with Pauline Beem (331-3073). If you would like to donate an item to raffle call Nicole Lussier (599-0184) by Oct. 9th.

Friday Nov. 9th antiques and flea market in Palmer, followed by lunch at Steaming Tender Restaurant at 1:00. The van will be available. Meet at the senior center at 9:45. Call Liz Setian (596-3411 for reservations if you are doing lunch or antiques or both. If you are doing just lunch it will be self drive. Call by Oct. 31.

Monday Dec. 10th Red Hat Christmas luncheon at Dana's social Hour 12:30 to 1:30 bring a \$10 wrapped gift for a Yankee swap Reservation by Nov. 30th call Kathy Phipps (596-9938). More info in months to come regarding menu and price. This is a self drive event.

Thurs. Jan 17th Red Hat Pajama Party, watch for details. Don't forget Wilbraham's 250 parade June 23, 2013.

Stay cool and safe, Kathy Phipps, Queen Mum



Thanks to farmer Ted Stusick for donation of fresh vegetables to the Senior Center.

community calendar

Senator Gale Candaras' Aide will be at the Senior Center on the 2nd Tuesday of each month.

Atheneum Society of Wilbraham announces an open house featuring the Duryea Automobile. Richard Stevens, founder of the Duryea Transportation Society will present a history of the Duryea. Sunday August 12, 2-4 with talk at 2:30 at the Old Meeting House, 450 Main Street, Wilbraham.

Parkinson's Disease Support Group On the first Monday of each month, a support group, for caregivers and those coping with the disease, will meet at the Jewish Community Center at 1160 Dickinson Street, Springfield at 4 p.m. No registration is required. If you have questions, call Joyce Dupont at 413-323-4274 or Bobbie Levin at 413-536-1895.

At The Dance with Tom & Deb -Tune into local access channel 5 on Tuesday evenings at 8 pm or Wednesdays at 8 am to enjoy "At The Dance with Tom & Deb". Recorded in Ludlow and other areas, the videos are professionally edited. They play a variety of polkas, waltzes, obereks and other popular dance tunes. If you enjoy this program and wish to see more, please call your local access channel at 599-0940 to give your feedback.

DONATIONS

Thanks to all who have donated to the Wilbraham Senior Center Revolving account:

Olier, Francis

Thanks to those who have donated to the Friends of Wilbraham Seniors:

Anonymous (4)	Crogan, Yvette	McGregor, Christine
Armida, Gina	Feen, Karen	Meschke, Veronica
Baker, Clarice	Fernandes, Alice	Oldrich, Jonathan
Benoit, Dave/Vi	Francis, Lorreta	Ouimet, Charles/Marie
Bogacz, Julia	Gauthier, Shirley	Putnam, Dave/Judy
Boydak, Helena	Gurecki, James/Jean	Schifferli, Roger/Patricia
Bureau, Paul/Charlotte	Longtine, Victoria	Sheeshan, Edward/Florence
Cahill, Elizabeth	MacNeil, Claire	Sidleau, George/Marian
Carpenter, Bryant	Maggie, Ray/Joan	Smith, Walter/Helen
Carpenter, Shirley	Malzynski, Ed	Whyte, Evelyn
Cmero, Judith	McGranahan, Joe/Pat	

Thanks to those who have donated to the "Building Fund":

Anonymous	Rodrigues, Cindy
Cahill, Elizabeth	Taylor, Jonathan/Kathleen
Crogan, Yvette	Uno's Restaurant
Cutler, Ann	Zumba Gold, Fri Laura Geryk
Isenburg, John	Zumbz Gold, Wed Laura Geryk
Jensen, Yvette	Setnes, Ann in honor of Barbara Mancuso
Malzynski, Ed	Supernaw, Delores in memory of Ken Supernaw
Ouimet, Charles/Marie	

Donations for the Friends of Wilbraham Seniors should be mailed to PO Box 705, Wilbraham, MA 01095. Donations to the Revolving Account can be made at the Senior Center office or by mail at 45B Post Office Park, Wilbraham, MA 01095.

WHOSE THAT BABY CONTEST

STARTING IN SEPTEMBER, THE FRIENDS OF WILBRAHAM SENIORS WILL BE HOLDING A "WHOSE THAT BABY" CONTEST. PICTURES WILL BE DISPLAYED IN THE LOBBY OF THE SENIOR CENTER. SENIOR CENTER STAFF, VOLUNTEERS AND OTHER FAMILIAR FACES WILL BE INCLUDED. WATCH FOR MORE INFO IN THE SEPTEMBER NEWSLETTER.



DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:Jim Hiersche

WEEKLY VOLUNTEERS**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels

Van: Gilles Turcotte, John Grover

John Cochran

IF YOU WISH TO UNSUBSCRIBE**FROM THIS NEWSLETTER****PLEASE CALL THE SENIOR****CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors". Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705

Wilbraham, MA 01095

Meals served Mon and Tues. at 1145 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-2135 and ask for Jean or Nancy. \$1.75 donation requested.

GO SOX!

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095**

RETURN SERVICE REQUESTED

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PERMIT NO. 53

SENIOR CENTER HOURS:**Monday-Friday, 8:00-4:00**

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov/Pages/index

COUNCIL ON AGING MEMBERS:**Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Mark Soukup,
Gilles Turcotte, Marie Valentine

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 10th of each month mailed to:

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****Aug. 6th—Holyoke Mall****Aug. 13th—Wal-Mart****Aug. 20th—Eastfield Mall****Aug. 27th—Wal-Mart****WEDNESDAY TRIPS****Aug. 1st—Big Y****Aug. 8th—Stop & Shop****Aug. 15th—Big Y****Aug. 22nd—Stop & Shop****Aug. 29th—Big Y****THURSDAYS TRIPS****Aug. 2nd—Stop & Shop****Aug. 9th—Big Y****Aug. 16th—Stop & Shop****Aug. 23rd—Big Y****Aug. 30th—Stop & Shop**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers. **CORRECT CHANGE IS VERY HELPFUL PLEASE. Call 596-8379 to sign up today.**

Around Town Trips on Tuesdays—call to reserve a seat! .

